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These are the *Chinelos* who leap at the carnival. Only a few of them leap on this day, but it is customary for some of them to do so on the last day of the *fiesta* of San Sebastian. This event is known as *tlatlalnamiquiliztli* (recollection—of the performance of the obligation to leap). There is no organization of *Chinelos* in San Sebastian, but St. Sebastian is thought of as the recorder of the fulfilment of the obligation to leap. By leaping on his day its performance the previous year is recognized. But to the people today's leaping not only recalls last year's carnival, but gives them a foretaste of the leaping, on a larger scale, soon to be enjoyed at the carnival next month.

Wednesday, January 27 (about).—A great burst of rockets and the playing of the *chirimía* announce the end of the eight-day *fiesta* of San Sebastian.

February 2: La Candelaria (Candlemas).—On this day the little doll (the Christ child), put to bed at many a domestic altar on Christmas Eve, is taken up and dressed. This ceremony is the same as is performed with a real baby forty days after its birth, when it is first taken to hear mass. Today is the *sacamisa (tlatlatiyopanquiztia)* of the child God (*el niño Dios; teopiltzintli*). The master of the house where the doll lies in its *crèche* gives a party. He invites his friends, and asks some man to act as godfather to the *niño Dios*, and some woman to act as godmother. The godmother makes clothes for the little image; these may be of silk and embroidered, and quite elaborate. On the day of the *fiesta* at dinner time (about two in

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121 church. The technique of the obstetrician is remote from the religious ritual of baptism; the practical problem of disposing of a dead body is attacked by a practical specialist, while the expression of the feelings of the bereaved is assisted by conventionalized ritual which is religious rather than magical.

177 184 Such, at least, is the suggestion coming from the literature; it is made also by the materials from Tepoztlán. In this village the practices followed by one family or another on occasions of marriage, death, and most particularly birth, probably differ considerably; and these differences will, it seems clear, be found to depend largely on the degree of sophistication of the family considered. *Los tontos* preserve the old traditional practices; with them the magical and the practical are still an inseparable whole. An in- [844] formant from this group describes the practice of putting tallow on the umbilical cord of a newborn child and that of burying the placenta underneath the fireplace with no feeling that these customs are of different sorts; because in her group they are no different. Both equally affect welfare; one might just as well be omitted as the other. The midwife is magician- [846] priest rather than obstetrician; she eats the same food [759] as her patient as long as their relation of intimacy is maintained during postnatal care. But among *los correctos* there is probably a tendency to relegate the non-practical usages to the rank of superstitions, and to omit them entirely. This tendency grows, and [182] grows slowly; the society is not breaking down; it is merely changing, and the gradual process of change

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can be observed, it would seem, in the diffusion of tools and rational techniques from *los correctos* to *los tontos*.

The materials which can be offered here are too scanty to permit even a beginning of such a study. They are indeed inadequate to give a balanced description of all the commoner practices in connection with life-crises. But they may be offered so that the merely depictive aspect of this study may be more nearly complete, and so that the cadence of a Tepoztecan life may be at least outlined.[1]

A pregnant woman keeps largely to the seclusion of her own home. There are no important taboos on women during pregnancy. "If she suddenly wants to eat something, and cannot get it, she takes *tzacxochitl*[2] so that the child will not fall." After three months of pregnancy she goes to the *barranca* to bathe. She may do this many times before the birth.

When the time of delivery comes, she is assisted by a midwife [S. *partera;* N. *amantecatl*]. The midwife cuts the umbilical cord with scissors, measuring four fingers' length from the child. Then the cord is carefully tied with cotton thread which has been doubled or quadrupled and the end of the cord is burned well with a tallow candle in order that it may not bleed. Tallow from the candle is put on the thread, and the child is tied up with a band. In about three days the cord will fall off, but every day until that time fresh tallow is put on. When the cord has fallen, tallow is put on for the last time. The umbilical cord is preserved

[1] The materials on birth customs were secured by Margaret Park Redfield. They were nearly all obtained from one informant, a woman of middle age, who had borne nine children. She represents the typical *tonta;* and it is probable that what she described is characteristic of the majority of births in Tepoztlán. Information on marriage customs is much less complete; it was obtained from three informants, two *tontos* and one *correcto*. That on death customs is more complete, and probably the customs here vary little from family to family. The writer attended many funerals.

[2] *Laelium* sp. She takes an infusion of the pseudo-bulb.

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844 [846] [759] for use as a remedy for eye trouble. In correct practice the afterbirth is buried in the hearth [*tlequil*]. Ashes are put over it and then the fire is lighted.[1] "Some throw the afterbirth into the *corral* but this is not good because then the mother suffers."

Just before and just after the birth the mother may take an infusion of a plant known as *tlatlantzcametl*.[2] The child is bathed "usually about six hours after birth but always at eleven or twelve in the morning because it is warmer then." Rosemary is boiled with water and put in a washbasin with a small cup of alcohol. As the child is being bathed, still more alcohol is thrown on its head. It is given to wear a shirt of unbleached muslin, a [759] [465] cap or bonnet, and a diaper, and wrapped in a sheet and cotton coverlet. After bathing the child the midwife receives *clemole*, beans, a cup of wine, and a box of cigarettes.

846 759 The new mother, who is supposed to stay in bed or at least to remain at home for a month, is cared for during the first week by the midwife, and after that by her own mother. The midwife comes every day and binds up the patient with the *ceñidor*. She makes a doll of rags and ties this against the patient's abdomen. The doll is worn for a month and a half, from the first day on. During the first week the new mother and the midwife, who must eat the same food as her patient, observe food restrictions. For breakfast the mother may not drink coffee, or chocolate, but 262 only warm cinnamon water, which is taken with bread. She may 846 also eat dried meat toasted in the *comal* with a small amount of *chile pasilla*. For dinner some eat nothing but *clemole*, but with washed *chile* and no onion. The patient cannot take food that is very hot or very cold. Milk will chill the stomach. She cannot eat honey, sugar cane, or eggs. During the first two days after the birth the relatives, friends, and neighbors all come to [574] visit. They bring with them pitchers of cinnamon water, or, if it is noonday, jars of *clemole*. After the first three days it is well to give a new mother *necuatole*, which is *atole* of cinnamon made with wild fowl.

[1] Sahagun tells us that the umbilical cord of a girl was so disposed of by the Aztecs.

[2] Unidentified.

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After the first week has passed all the women and girls of the house bathe together in the *temazcal*. First they eat *clemole*, of which there is a large *olla*. They make little baskets of maguey fiber [S. *estrepaco;* N. *ixtli*] containing pieces of soap for all those who are to bathe in the *temazcal*. If it is the first child, the godmother, who is always present, makes a *cacomixtle* of *estrepaco* with a cake of soap worth ten *centavos* inside it. The new mother is carried to the *temazcal* by a man. The others, including the midwife, bring with them into the *temazcal* a quarter of a liter of alcohol and an egg mixed together in a basin. The body and hair of the new mother are washed by the midwife, and the alcohol and egg mixture is thrown over her. All cover themselves with leaves, and as the fire heats, lie down on a *petate* until the perspiration comes. Then all wash again with warm water, soap, and *estrepaco*. The midwife does everything for the mother, finishing by binding her up with the *ceñidor*.

Every week, as long as she stays in bed, the new mother and all those who are looking after her must bathe in the *temazcal*. Since this period usually lasts a month, this makes four baths. Some, however, reduce it to two weeks—"two *temazcals*."

As soon after the birth as possible [it may even be the same day], the child is taken to the church for baptism.[1] The child is taken by the godfather and godmother. After the baptism chocolate is drunk and *mamon*[2] is eaten.

When the mother first goes out of doors after birth, thirty or forty days thereafter,[3] the child is dressed in new clothes, and the mother, in company with the godparents, takes it to hear

[1] The absence of the priest is most felt in the omission of baptism. "Now our children are like animals."

[2] A cake of egg and cornstarch.

[3] There is an inconsistency in the accounts as to the time. It should probably be forty days, because Christ was presented in the Temple forty days after birth (Candlemas). Gamio, describing the *secamita* (not so named there) for Teotihuacan, says that the purpose of the ritual is to solemnize the choice of godparents. Nothing in the Tepoztlán materials would confirm or deny this meaning. But it apparently has, in Tepoztlán, the meaning of a rite of passage; it introduces the child and reintroduces the mother into the community. On that day the rag doll (symbolizing the child in the womb) is taken from its place on the mother's abdomen.

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mass. This is the *sacamisa*. This is one of the most important occasions in the life of the child. After the mass, there is a celebration at the home of the child, attended by its relatives; *mole poblano*, reserved for the most important *fiestas*, is served.

There are special dangers and sicknesses to which a newborn child or the mother is particularly liable. The dangers from *el espanto* ["the fright sickness," later described] are greater then. Small children are especially subject to *el daño* ["the evil eye"] and to *los aires* [diseases caused by the evil spirits of the air]. *Ixtlaxolcocoliztli* ["clouds-in-the-eyes-sickness"] is a disease [probably *ophthalmia neontorum*] common to infants. The symptoms are blood and pus coming from the eyes. It is thought to be caused by the presence near the infant of a man or a woman who has recently had sexual intercourse. It may be cured by administering a remedy composed of the umbilical cord of a boy, that of a girl, some raisins, the leaves of *tzitziquilitl*,[1] and the flowers of *sauca*.[2] It is also treated with *Sal de Colima*. This salt is ground and then placed in the form of a cross on the child's tongue with the pestle [*tejolote*] which has first been scrubbed with *estrepaco*. If a nursing child vomits, the mother's breasts are washed with an infusion of *tlamatlantli*.[3] Then the child is allowed to nurse. The mother may take this infusion internally. If a child experiences difficulties during teething, a fly may be caught and boiled with cumin seed. A little of this administered to a baby will make its teeth come out.

If the mother dies, a wet nurse [*nodriza* or *chichina*] is sought. "She earns twenty *pesos* a month and her food." If the family cannot afford a wet nurse, they give sweetened milk flavored with chocolate, cinnamon, or coffee. "But then the child usually dies."

Children are nursed by the mother for two years or more, although milk is early supplemented by adult food. Food given in early life is bread, *tortillas*, milk, beef, bean soup, and macaroni soup. All bananas, except the large, long variety, are considered harmful as causing constipation. Rice is bad for the same

[1] *Bidens leucantha* (L.) Willd.

[2] *Sambucus mexicana* Presl. [3] *Solanum madrense* Fernald.

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261 262 753 757 855 840 757

In general, cold foods are believed to cause diarrhea and to be less easily digested than hot foods, and are not given to very small children, to the ill, or to women who have just given birth. Illnesses are also classified as hot and cold types, and it is believed that only hot foods should be eaten with certain illnesses and cold foods with others.

Foods may be neutralized and made less dangerous by mixing certain hot foods with cold foods. For example, milk is not given to new mothers because it is "cold," but it may be taken in coffee, which is "hot." *Atoles* made of corn, a highly recommended food for the ill, have their cold qualities removed by adding brown sugar and cinnamon. *Mole* is cold but may safely be eaten if served with alcoholic drinks. The green tomato, which is eaten almost daily in Tepoztlán, is made harmless by being cooked with beef or served as a sauce with onion and chile, both of which are hot. Hot herbs such as *tequesquite* and *epazote* are often used to neutralize a cold food. Despite this elaboration, Tepoztecans, unlike the Maya, do not preoccupy themselves with this classification of food and do not follow any set rules of eating. Nor is there always agreement about what the rules are or how a food, particularly a new food, is to be classified. The following list of hot and cold foods is based on data from several informants and include only those foods on which there is substantial agreement.

Cold Foods

milk
eggs
cheese
cream
jitomate
rice
noodles
potatoes
all beans except black
lentils
mole verde
mole colorado
atoles made of corn
peanuts
jicama
white *zapote*
chick peas
watermelons
peaches
guayava
papaya
granadas
lettuce
radish
corn-on-the-cob
avocado
banana (*macho* and *manzana* type)
green chile
quince
carrot
prickly pear
nopal
chayote
lemon
lime
pipinaos
chilacayote
chipiles
quelites
quintoniles
papalo
lima beans
verdolago
white sugar
bread
apple
pear
fish
frog
pigeon
deer
rabbit
boar
squirrel
chicken
veal
pork

Hot Foods

black beans
chile pasilla
coffee
epazote
banana (*guineo*)
melon
wine
tequila
pulque

[the classification of food into "hot" and "cold" types has no relation to temperature, see below. - ANALYST]

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sidies from the church of Mexico. Rather, it makes substantial contributions to the national church of Mexico.

The church of Tepoztlán includes the seven villages of the municipio and controls fourteen village and barrio chapels. This is illustrated in Chart 4.

Summarizing the total personnel of the church of the municipio of Tepoztlán we find the following:

Functionary	*Number*
Priest of the parish	1
Sexton	1
Cantor	1
Mayordomos of the barrios	7
Mayordomos of the villages	7
Monjas Carmelitas	8
Rezanderos	10
Limosneros	42
Mayordomos of the images	28
Mayordomos of peregrinations	15
Functionaries in charge of cleaning the chapels and the temple	37
Total	157

CHURCH FINANCES

As has been pointed out earlier, the church in Tepoztlán not only supports itself but also sends contributions to the bishop in Cuernavaca. It is difficult to do more than approximate the annual income of the church because of variation in contributions from year to year. Records of church income were not available to us and probably were not kept. However, we have more or less accurate data on the most important sources of income. In the following pages we will present a conservative estimate of this income.

BAPTISMS, MARRIAGES, AND FUNERALS

Our data indicate an average of 273 live births in the municipio over a six-year period. There are two classes of baptism, one a simple type at three pesos and the other with the ringing of the bells at four pesos. Assuming that the number of baptisms is about equally divided between these two types, we get a total annual income from baptisms of 956 pesos.

The charge for the *sacamisa* (the Mass said for a mother forty days after the birth of a child) is two pesos if said from the *cancel* and one peso if said from the altar. Again assuming about an equal number of each type, we have a yearly income of 408 pesos.

The priest charges twelve pesos for a simple marriage ceremony and twenty to twenty-five pesos for a more elaborate wedding. It is difficult to determine exactly how many weddings are simple and how many are elaborate. It is our im-

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844
845

men. Without exception, our informants described labor dramatically, with emphasis upon the pain. "It is death to bear a baby" is a common sentiment. Some look back at labor with shuddering and expressions of horror, even fifteen years after the birth of their last child. Midwives report that many mothers are severely frightened during and after delivery and must be calmed by being heated with a smoky fire. *Pericón* or rosemary or laurel, or all three, are burned in an old clay pot, and the strong smelling smoke is directed underneath the blanket to heat the woman's lower parts. 278

After the child is born, the *cenidor* is tightened around the upper part of the abdomen to prevent the blood and the placenta from rising in the mother and possibly causing her death. If the afterbirth is slow in coming, it is a common custom to put salt and onion into the mother's hand so that she can smell them, and she is given some mint leaves to chew. Sometimes a very hot tortilla is placed on the right side of the abdomen and pressed down by the midwife. In very delayed cases some midwives insert their hands to try to pull out the afterbirth. 278

The afterbirth is buried under the hearth. It is believed that if it is left anywhere else, the baby's face will swell; if it is thrown into the corral, as some do, it may cause *daño;* if it is eaten by a dog, the mother will die. The umbilical cord is cut with a scissors about 4 or 5 fingers away from the child. The remaining cord is tied with a thread and burned with a few drops of wax from a tallow candle. The wax is applied every day until the cord drops off. The umbilical cord is generally kept inside the house and saved to be later used in the treatment of some eye diseases. Some sell the cord to *curanderos* for about twenty-five centavos each. Many believe that only the umbilical cord of the first child or the first son is effective. When a child is born in a caul, it is said he will be rich. The caul is carefully saved for good luck. 846 278 757 435

Only an occasional woman in Tepoztlán has her child delivered by a doctor. Somewhat more frequently he is called in after delivery if there is some difficulty. The high cost of calling a doctor from Cuernavaca[11] made it prohibitive for the great majority of the families. However, even those with money do not generally call a doctor, particularly a male doctor. The prudishness and suspiciousness of the women are a major inhibiting factor. Women who have used a doctor have become the target of much malicious gossip. 845 777 844 759 626

The following quotation from a woman of one of the large barrios is an example of the nature of the gossip, in this case concerning a local schoolteacher. "First she called a *curandero,* and her baby was born, and everything was fine. But she sent for a doctor just to have him feel her, to play with her because that is what she wanted. The midwife said that when the doctor arrived he uncovered the patient and put in his hand and after he played with her he sewed her up. Then he grabbed the baby by the belly and he had it hang that way as though it were his toy. He could have killed him! But that is what they wanted. As for me, for nothing in the

[11] Now there is a doctor in the village.

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844 759 626 world would I let a man doctor take care of me. It is better that the child be born alone." This attitude, encouraged by the midwives, is very widespread, even among women who have lived outside the village or who have had more education.

POSTNATAL CARE

844 846 When the delivery is over, the mother is lifted onto a board and up to the bed or *tepexco*, if she uses either of these. If there is no one to lift her, she may get up herself without danger, for she is still "hot." She is wrapped in a sheet to prevent getting *mal aires*. The midwife binds the mother around the abdomen and tucks in a *muñeca*, a piece of rolled up cloth. The purpose of this *muñeca*, which is placed over the abdomen so as to bring pressure upon it, is to "fix the matrix." As far as we could ascertain, there is no magical or symbolic qualities connected with this *muñeca*, and there is little attempt to make it resemble a doll.[12] Clean cloths which are washed and replaced every day by the girl's mother or mother-in-law are placed between the patient's legs. Her soiled clothing is removed and she is given an old-fashioned *huipil* made from a large square cloth and slipped over her head. A skirt, made from a large cloth, is wrapped around her hips and legs. The mother is not bathed until the next day, for she is still "hot." After a bath of warm water she is dressed in clean clothing. The temporary *huipil* and skirt are then used as diapers for the baby. The mother is not completely bathed again until the first *temascal* or sweatbath.

The baby is wiped with clean old rags and is bound with a strip of cloth, doubled over the umbilicus and tied with a string. Some mothers prepare a belt for this purpose. The child is wrapped in warmed cloths, usually cut from his father's old shirt or pants. Some midwives drop lemon juice into the baby's eyes and give him a spoonful of castor oil as a purgative. The child is not washed until the following day because water will chill him.

[278]

844 262 The mother's diet for five days after the birth is poor and provides little nutrition. She is given cinnamon and water and a roll soon after the birth. If she has afterpains she is given honey and alcohol. At the next mealtime she eats toasted meat and tortilla, and for the next five days her diet consists of *atole*, cinnamon tea, and rolls. Some women take only cinnamon tea, tortilla, a small piece of cheese, and warm water during this period. Milk, coffee, and chocolate are thought dangerous when taken alone because they "chill" the ovaries, but some of the modern women take a little coffee with milk. All food restrictions cease when the woman

[12] Redfield, *Tepoztlán*, pp. 136-37. Redfield states, "She [the midwife] makes a doll of rags and ties this against the patient's abdomen." According to Redfield, this doll is removed forty days later at the time of the *sacamiso* and "on that day the rag doll symbolizing the child in the womb is taken from its place on the mother's abdomen." Although we made repeated inquiries among women of all ages and degrees of sophistication we could find nothing which would justify this interpretation of the symbolism of the so-called doll. The "doll" is actually a wad of cloth placed under the binding or sash in order to bring more pressure upon the abdomen. Many women wear this "doll" for months after childbirth, or even after they are past childbearing age because they are more comfortable with it. It is of interest to note that the use of the "doll" in this way was not mentioned in the monographs on Tzintzuntzan, Cherán, Mitla, or Chan Kom.

[114]

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is "clean," that is, when bleeding stops. This sometimes occurs in the first week but more often in the second. After delivery it is obligatory to give the midwife something to eat as an expression of appreciation, but it is up to the family to decide what is given. Generally the midwife is offered chocolate or coffee and bread. Sometimes wine and cigarettes are also given. During and after the delivery, the midwife is not restricted in any way as to the food she may eat.[13]

The mother's milk generally flows after one or two days, sometimes even before the birth. If the milk does not appear by the second day, some midwives give the mother an *atole* of sesame seed, chick peas, chocolate, and cinnamon. Others give *nexatole* or *atole de alegría* made of ground corn, *chile pasilla*, *epazote*, and brown sugar. Another remedy is the penis of an ox, cut up and cooked. Sometimes the *flor de pascua* is boiled and taken by the mother. A few midwives place the baby at the mother's breast to stimulate the flow of milk. Many babies are nursed at another woman's breast until the mother's milk comes. During the day the wet nurse, usually a relative or a friend, comes to the child's house every three or four hours to nurse him. At night the child is taken to the wet nurse once or twice by the father or grandmother. There is no charge for the services of the wet nurse, but often the child's family sends her some meat to nourish her during this time. Some families are afraid to take a young infant out because of *los aires*, and it is fed cinnamon and water until the mother's milk begins to flow.

It is a common belief that the first milk is harmful to the infant and should be discarded. It is squeezed out and either thrown to the ground (this is called *motlalitoka*, burying the first milk), or it is thrown over the roof (*monokia*) to prevent the mother's milk from going away. It is also thought that squeezing out the first milk hastens the flow of the true milk. If the mother has no milk, it is considered a calamity because the cost of a regular wet nurse is prohibitive, and many children die when put on a diet of cow's milk. Canned milk is now used safely but the expense is a heavy burden for most families.

The amount of attention and care given to the new mother in Tepoztlán is striking. At no other time are women accorded so much service and time for rest. This care consists of a prolonged period in bed, freedom from household duties, taking sweatbaths, and abstention from sexual intercourse.

The prime motive underlying this postnatal care is to delay a new pregnancy as long as possible. It is believed that early resumption of sexual intercourse causes the back to weaken and the menstrual flow to begin, thus making conception more probable. Women say that extended rest from work and sexual intercourse can

[13] We could find nothing to support Redfield's statements that "The midwife is magician-priest rather than obstetrician; she eats the same food as her patient as long as their relation of intimacy is maintained during postnatal care . . . during the first week, the new mother and the midwife, who must eat the same food as her patient, observe food restrictions." *Ibid.*, pp. 134, 136. Our questions concerning this called forth the same response from informants in Mitla: that is, they laughed at the thought and denied that it occurred. It should be noted that Redfield's account of the above, as well as other aspects of pregnancy and birth, is based on the report of a single informant and probably represents an individual variation.

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842 prevent the reappearance of menstruation for as long as two years. According to
846 them, the ideal length of time to abstain is one year. Some women boast that they abstain for two years, and grandmothers say that in the old days women were not "molested" by their husbands for as much as three years, and that children were often born four and five years apart.

833 Today women complain that their husbands do not wait long enough and force
846 their wives to resume intercourse after six months, some even sooner. Generally it is the husband who is blamed for the early resumption of intercourse, but it is recognized that some women are *calientes* and lack self-control. Such women are
[853] considered selfish because they are often *añeras*, women who have babies every
[621] year, and endanger the life of the child, who must be weaned too soon. *Añeras* are subject to much gossip, but they are relatively rare. Most women are glad to avoid sexual intercourse, which is frequently referred to as *abuso de hombre*, male abuse.

The following expresses the attitudes of many women, "My grandmother told me to guard myself from men for they are the danger. I don't protect myself from work. The thing I am afraid of is the man. My husband respects me and doesn't insist even when he is drunk. That is why I am never pregnant when I am raising little ones." The majority of husbands refuse to abstain as long as the wives wish them to, and many men use the threat of taking a sweetheart to get their wives to comply. The wife who is not jealous is fortunate, because then her husband can leave her alone for a long time. Those wives who are jealous "give in" to their husbands to keep them from going to other women and may resume intercourse in as little as two or three months. It is one of the obligations of the mother-in-law to warn her son not to "molest" his wife and to urge the daughter-in-law not to be jealous. However, it takes money to have a sweetheart or to go to prostitutes. More often the poor couple will resume intercourse sooner than others.

846 The extended rest of the new mother also allegedly prevents backaches, illness,
[853] and ugly skin discolorations (*paño*) on the mother's face and protects the baby's supply of milk. Thus, the good husband and father owes it to his wife and child not
[357] only to abstain from sexual relations, but also to hire a servant for two or three months. Many husbands are unable to do either. If a woman's skin remains clear of *paño* and wrinkles, it is said that "her husband has been good to her" and that "she knew how to take care of herself." When the couple lives with the husband's parents
[606] it is one of the more important obligations of the husband's mother to see that her daughter-in-law receives the proper postnatal care. Normally, a woman, who is married under both civil and religious law and who has had the blessings of both sets of parents, can expect to receive the required care. Because of the expense in-
[735] volved, a poor woman is not always certain of getting the maximum amount of rest and attention, but women of more means are always assured of it. Even among very poor families, if other conditions are favorable, women are well cared for after
[848] giving birth. This is not true for unmarried mothers, abandoned mothers, poor
[588] women without close relatives, women living in free unions or married only under civil law, mothers of very large families, and other special cases.

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After the birth of the child, the mother is visited by the midwife every day for eight days, to be massaged and rebound. The massaging of the abdomen is considered important because it encourages the flow of blood and "cleanses" the mother internally. The appearance of clots of blood in the flow is taken to be evidence of the need for massaging. It is believed that if the mother does not receive massages, her abdomen will continue to protrude. The midwife also bathes the baby daily during her visits. The day after the birth of the child, close relatives usually come with jars of suitable food for the mother. A week or two later, aunts, uncles, and cousins may come bringing food for the mother and perhaps soap for the baby. In some families, because of ill feeling between in-laws, one side of the family may stay away. If the new mother has not been properly married or is not approved, she may receive no visits from her husband's or her own family. One young woman from a small outlying village, who had recently married into the village of Tepoztlán, received no visits from her husband's family at the birth of her first child; they regarded her as an outsider and disapproved of the marriage. Many women remain resentful for years at relatives who do not visit them at this time.

The mother is expected to stay in bed for from thirty to forty days. Those who cannot do this stay in bed for at least fifteen days; anything less is considered gross neglect. During this period the mother is urged to lie quietly on one side with her legs close together and her knees bent. Once or twice a day her husband or mother-in-law turns her over on her other side. Some women do not lift their heads at first but drink through a straw. During the first eight days, a new mother should remain behind the curtain because she is in a "delicate" state. She is not to be visited by anyone who has been to a wake or funeral because that visitor may carry a *mal humor* which causes "cancer" in menstruating women.

The *temascal*, which is still widely used even by those women who go to doctors, is usually given after eight days, though some midwives give it after fifteen days. (See Fig. 53.) Most women do not take their first *temascal* until after bleeding has stopped. Before the *temascal*, the mother, midwife, and other women of the house may also bathe and eat *clemole*—a dish made of chicken or beef, with the bone cooked in washed, ground chile *pasilla* and a piece of *epazote*. The mother eats only the meat, for the chile sauce is "cold" and bad for her. She eats at this time to give her strength for the ordeal of the *temascal*, for some women faint or vomit from the extreme heat. Unmarried mothers sometimes do not use the *temascal* but bathe at home after twenty days in bed. A few younger women do not like the heat of the *temascal* and bathe in warm water in which some rosemary has been boiled. On the day of the *temascal*, the midwife, for the first and only time, must limit her diet to what the mother eats. A fire is made in the *temascal*, and a large can of hot water is placed there. Leaves of white *zapote* are placed on the floor, and a small bundle of these leaves are tied together to form a brush.

The mother is well wrapped and is traditionally carried to the *temascal* on the

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515 back of her husband. Although this is still done by many, the woman is now often carried on a board by two men. Some men find it embarrassing to carry their wives
846 and hire someone to do it for them. Some of the younger women walk to the *temascal*. The new baby is also taken to the *temascal* with the mother and is briefly exposed to the steam, then carefully wrapped and taken home. Many modern
[753] women disapprove of giving infants and small children sweatbaths and believe that they cause navel hemorrhages and even death. A bunch of *sapote* leaves are

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Fig. 53. A sweathouse.

placed between the mother's thighs to cover the genitals. Throughout the bath, the midwife is assisted by a female relative of the mother. The midwife rubs the
[278] mother's body with egg and alcohol, particularly on the face and back, for this mixture is thought to prevent *paño*.

The mother then lies down on the leaves, and spoonfuls of water are thrown into the fire to make it steam. The midwife rubs the mother with the brush of leaves. After this she asks for the *estropajo*, which is a brush of *ixtle* in the form of a
[608] basket, containing a piece of soap. This basket may be made in the shape of an animal and is presented by the baby's godmother. Some women do not like to be washed with the *estropajo* because it is too harsh for their skins, and they use something else. The midwife washes the mother's entire body except for the genitals, which the mother washes herself. Warm water is thrown over her to wash off the soap, and she is dried. She is rebound and wrapped in a sheet and carried back to bed. When she leaves, the other women of the house, friends, and neighbors may take advantage of the hot *temascal* to bathe. These baths are taken by the mother every eight days for as long as she stays in bed. Almost everyone takes at least two *temascales*, and many take the traditional four. After the first *temascal*

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the mother may eat a greater variety of food. Most women continue to avoid black coffee and chile for one month because they "irritate."

When the mother has taken her last *temascal* and gets out of bed, she is usually given a boiled mixture of many herbs (*paclaposon*),[14] which she drinks before meals twice a day until two quarts are consumed. Some also take this before entering the first *temascal* and for one day thereafter. If the woman does not feel well before entering the second *temascal*, she may be given the same mixture of herbs *poslatestli*, which are now toasted and ground rather than boiled. If bleeding has not stopped after two months, the woman is again given *paclaposon*. Strained honey is also used because it provokes more bleeding which, it is thought, brings the end of bleeding closer. A mixture of herbs similar to a mustard plaster (*vilma*) may also be placed on the back. Excessive bleeding is attributed to a weakening of the back.

After leaving her bed, the mother is supposed to sit quietly with knees doubled under and to avoid walking or moving about for as long as she can. If she must walk, she goes very slowly with her thighs close together. If this is the first child, the mother may keep this up for three months; others return to normal moving about, in from one to two months. Only the most unfortunate women, however, do heavy work, such as washing and ironing before three months. In the past, women frequently did not work for as long as six months and were considered too weak to carry the baby. The new mother is not supposed to leave the house before the *sacamiss* attended by the new mother and child, which generally takes place in forty days or after the fourth *temascal*. If the mother leaves the house before this time, the baby's godmother may refuse to attend the *sacamiss*, on the grounds that the mother is not taking proper care of herself.

COMPARISON WITH OTHER MEXICAN COMMUNITIES

Many of the practices and beliefs concerning pregnancy and birth found in Tepoztlán are widespread in rural Mexico and have been reported for at least Tarascan (Tzintzuntzan and Cherán), Mayan (Chan Kom), and Zapotecan (Mitla and the Isthmus of Tehuantepec) groups. The similarity, even in small details, is sometimes quite striking. For example, we find that in Tzintzuntzan and Mitla the satisfaction of food whims during pregnancy is important. In Tzintzuntzan and Cherán, pregnant women should not urinate where an animal has urinated, and in both these communities, as well as in Mitla and in Tehuantepec,[15] there is fear that an eclipse may deform the unborn child. In Tzintzuntzan and Tehuante-

[14] The following herbs are placed in several gallons of water and boiled for twenty-four hours, or until one quart of the liquid remains: *cacomoxtl, cuch-kok-kok, palmonaria, bretonica* or *ojolote, sangrinaria, calriguala* or *cola de lagarto, lengua de vejerba, nexhxikchiuitl, tachalcan, acuilik, tripa de judas* or *tzacili, clarasuisil, manzanchi, ijuich katitl* or *algodoncillo, cancora de cuervo, flor de padre* or *dorodillo* or *siempre viva, xakatekomatl* or *kuatekomate*, and *tlelemaxixinia* or *barbelio*.

[15] Miguel Covarrubias, *Mexico South, the Isthmus of Tehuantepec* (New York: Alfred A. Knopf, 1946), p. 342.

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171 [843] [847] pec, a metal object is also worn for protection during an eclipse. The use of herbs and other remedies to produce abortions is also reported for Tzintzuntzan, Cherán, Mitla, and Tehuantepec. In Chan Kom a partition is put up in the room before delivery. The use of prenatal and postnatal massage, and during delivery, is mentioned in the monographs on Tzintzuntzan, Cherán, Chan Kom, and Tehuantepec. In Mitla the flow of blood after birth is encouraged by an herbal preparation. The application of heat during a difficult delivery is mentioned in Tzintzuntzan, Cherán, and Chan Kom. Putting the mother on a blanket to hasten the birth occurs in Tzintzuntzan, Cherán, and Mitla; the inducement of vomiting for the same reason is practiced in Tzintzuntzan and Tehuantepec. In Cherán, Mitla, and Chan Kom certain drinks are given which probably result in vomiting, but this is not specifically stated by the authors.

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[846] The use of sweatbaths during confinement is common in Mitla, and small infants are also sometimes so bathed. Hot tallow is dropped on the umbilicus in Tzintzuntzan and Tehuantepec, and the umbilical cord is used as a remedy for sore eyes in Mitla. In Cherán lemon juice is dropped into the infant's eyes. Finally, the burying of the after-birth under the hearth is practiced in Tzintzuntzan, Cherán, and Chan Kom. In Mitla and Tehuantepec it is buried elsewhere. In Tehuantepec the mother is bound and a "doll" is placed over the abdomen, to prevent the "matrix from falling out of place."

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A comparison of the period of postnatal confinement, which is so important in Tepoztlán, also shows some similarity. In Tzintzuntzan and Cherán, some share the widespread belief that women should not go out or resume work until after forty days. But a woman in Tzintzuntzan may sit up in bed after three days and often goes out after three weeks. In Cherán a mother stays in bed from eight to fifteen days and may leave the house after twenty days. In Mitla there is no set confinement period, but it is usually not longer than fifteen days. In Chan Kom, the mother "must stay in her hammock for a week, remain quiet for two weeks, and after three weeks she may go out into the street." [18] In Tehuantepec the midwife visits the mother in seven days, and the mother goes to *sacamiss* in forty days.

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It is difficult to say to what extent these similarities are due to contacts between these groups before the Conquest, or to the common exposure to Spanish colonial influences. A full comparison of our material on Tepoztlán with that of the foregoing groups is not always easy or possible because of the unequal coverage and treatment of the material. For the same reason, it is difficult to compare the psychological significance of practices that appear similar.

[18] *Ibid.*, p. 183.

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The *sacamisa* is supposed to occur forty days after the baptism. It frequently takes place a week or two later because the godparents may not keep track of the time, or one of the families involved may lack the necessary funds for the ceremony. When the godparents are ready, they appear at the house of their godchild with a tray containing the baptismal clothes, a white silk gown, a set of underclothes, a long robe, a hat, a pair of socks, and perhaps a pair of shoes. Sometimes these clothes are not presented until the child is in church, where he is then dressed.

The next day at 5:00 A.M., the parents, parents-in-law, and godparents meet at the church. The child is carried by the father or grandmother since the mother is considered too weak. The priest prays over the mother and child and throws holy water on them. During the Mass the mother is seated and holds the child in one arm and a candle in her other hand. When the party leaves the church, each goes home without taking any more formal leave of one another than saying "hasta luego." At noon the godparents are visited by their *compadres* and some relatives of the latter, who bring a gift of *mole* with turkey, rice, macaroni, beans, a bottle of wine, and a package of cigarettes. They leave the gift and return home. Later in the afternoon, if the godparents wish, they may bring musicians and friends to their *compadres'* house for a celebration. The *compadres* are obliged to serve food and drinks to all who come, and the dancing which follows may continue until about 8:00 P.M. This celebration involves considerable expense, and most families are able to fulfill only a minimum of the obligations.

It is said that a boy who is not taken to *sacamisa* will be refused when he asks for the hand of a girl in marriage, and that a girl who is not taken to *sacamisa* will elope. Some of the younger women who leave their homes before the forty-day period of rest forfeit the right to *sacamisa*. In one case, an educated woman who no longer observed the forty-day period received a tray of clothing from her child's godmother at the time of *sacamisa* and was forced to refuse the gift. She returned it with a suitable gift of her own to placate the godmother. The baby's mother, in telling the story, added that the godmother knew very well that there would be no *sacamisa* and sent the clothing just to cause embarrassment.

Each child in Tepoztlán has godparents of baptism to insure a guardian for him in case of the death of either of the parents. It is the obligation of the godparents to inquire periodically about the welfare of their godchild and to see that the child is sent to school. Very few godparents in Tepoztlán take a more active interest in their godchildren. The godparents may not refuse to take in their orphaned godchildren, but many take them only temporarily until other arrangements can be made for them. Most orphaned children are cared for by relatives rather than godparents. There are stories of godparents abusing and exploiting their godchildren, as well as stories of kind and affectionate treatment.

The naming of children follows the Catholic custom of selecting a name from the list of saints' names on the day of birth. A *sobrenombre*, or an additional name, is selected either from the saints' list on the day of baptism or at will, depending upon the desire of the father or the godparents. The *sobrenombre* is the name by